



6600 Cradlerock Way
Columbia 21045
410.313.7680

May 2010

Monday, Wednesday 9am-9pm	Tuesday, Wednesday, Friday 9am-4:30pm
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Monday	Tuesday	Wednesday	Thursday	Friday
9 Legal A/Harmonize 11 Yoga 12 Mahjong 1 Latin Jam 2 Tai Chi P 3:30 Line Dance Adv. 4:30 Line Dance Begin 5:15 Reflexology 6 Evening Exercise 7 Soul Line 3	9 Exercise with Ease 10 Agewell 10 Chair Yoga 12 Poker 12 Lunch 1 Belly Dance 2 Yoga 3 Urban Dance 4	9 Harmonize Exercise 10 Mahjong 1 Bid Whist 4 Tai Chi Beginners 5 Tai Chi Advance 6 Evening Exercise 7 Soul Line Beginners 5	9 Exercise with Ease 10 Agewell Exercise 11 Tai Chi with Sword 12 Poker/Lunch 12 Pilates 1 Chess 1:30 Zumba 6	9:15 Reflexology 9:30 Draw/Paint 12:30 Bridge 12:30 Pinochle 1:00 Watercolor 7
9 Legal A/Harmonize 11 Yoga 12 Mahjong 1 Latin Jam 2 Tai Chi P 3:30 Line Dance Adv. 4:30 Line Dance Begin 5:15 Reflexology 6 Evening Exercise 7 Soul Line 10	9 Exercise with Ease 10 Agewell 10 Chair Yoga 12 Poker 12 Book/Lunch Club 1 Belly Dance 2 Yoga 3 Urban Dance 11	9 Harmonize Exercise 9:30 Jewelry Club 10 Mahjong 1 Bid Whist 4 Tai Chi Beginners 5 Tai Chi Advance 6 Evening Exercise 7 Soul Line Beginners 12	9 Exercise with Ease 10 Agewell Exercise 10 Spotlight on Srs. 11 Tai Chi with Sword 12 Poker/Lunch 12 Pilates 1 Chess 1:30 Zumba 7 Movie Night 13	9:15 Reflexology 9:30 Draw/ Paint 12:30 Bridge 12:30 Pinochle 1:00 Watercolor 14
9 Legal A/Harmonize 11 Yoga 12 Mahjong 1 Latin Jam 2 Tai Chi P 3:30/4:30 Line Dance 5:15 Reflexology 6 Evening Exercise 7 Soul Line 17	9 Exercise with Ease 10 Agewell 10 Chair Yoga 12 Poker 12 Lunch 1 Belly Dance 2 Yoga 3 Urban Dance 18	9 Harmonize Exercise 10 NARF Mtg 11 Dr. Dan: Be Happy 1 Bid Whist 4 Tai Chi Beginners 5 Tai Chi Advance 6 Evening Exercise 7 Soul Line Beginners 19	9 Exercise with Ease 10 Agewell Exercise 11 Tai Chi with Sword 12 Poker 12 Lunch with Rona 12 Pilates 1 Chess 1:30 Zumba 20	9:15 Reflexology 9:30 Draw/Paint 10:00 Stamping Club 12:30 Bridge 12:30 Pinochle 1:00 Watercolor 21
9 Legal A/Harmonize 11 Yoga 12 Mahjong 1 Latin Jam 2 Tai Chi P 3:30 Line Dance Adv. 4:30 Line Dance Begin 5:15 Reflexology 6 Evening Exercise 7 Soul Line 24	9 Exercise with Ease 10 Agewell 10 Chair Yoga 11 NARF Newsletter 12 Poker 1 Belly Dance 2 Yoga 3 Urban Dance Older American’s Day Lunch Ten Oaks \$10.00 25	9 Harmonize Exercise 10 Mahjong 1 Bid Whist 2 Biodanza New! 4 Tai Chi Beginners 5 Tai Chi Advance 6 Evening Exercise 7 Soul Line Beginners National Senior Fitness Day 26	9 Exercise Ease 10 Agewell Ex. 11 Tai Chi Sword 12 Poker/Lunch 12 Pilates 1:30 Activity Pals 1 Chess 1:30 Zumba 27	9:15 Reflexology 9:30 Draw/Paint 12:30 Bridge 12:30 Pinochle 1:00 Watercolor 28

<div>BIODANZA</div> <div>Embrace The Intensity!</div> <div>Biodanza is a healing form of expressive dance that fuses music and movement with heartfelt emotion.</div> <div>Biodanza is fun and promotes community.</div> <div>Try this special 4 week trial class,</div> <div>Starting on Wednesday, May 26,</div> <div>2-3 pm</div> <div>Instructor:</div> <div>Michelle Dubreuil Macek</div>		<div>At Your Service: Meridy McCague Ellen Brown Charlena Childs Earl Saunders</div>		<div>Who Wants to Hula?</div> <div>Coming in June</div> <div>Summer Session Fun</div> <div>Try something new</div> <div>Age Strong, Live Long!</div> <div>Join us at the Ten Oaks Ball room to celebrate Older Americans Month</div> <div>May 25, 2010</div> <div>11:00 am</div> <div>Hot Chicken, Cool Jazz</div> <div>\$10.00</div>	
<div>AARP Driver Safety Class Coming</div> <div>June 4, 2010</div> <div>9:30am-2:00pm</div> <div>Cost: AARP Members</div> <div>\$12.00</div> <div>Non-AARP</div> <div>\$14.00</div> <div>Box Lunch Available</div> <div>\$3.00</div>			<div>May 4, 2010</div> <div>The library will be closed.</div> <div>East 50+will be open!</div>		<div>Jewelry Club</div> <div>Donna Weeks</div> <div>May 12, 2010</div> <div>A relaxed productive morning!</div> <div>9:30 to 12</div>
<div>Matter of Balance Class Starting</div> <div>July 6, 2010</div> <div>8 Weeks</div> <div>10:00-12:00</div>			<div>Remember MY STUFF YOUR STUFF?</div> <div>It's Back</div> <div>Starting May 3, 2010</div> <div>Bring in your new or very nearly new</div> <div>Clothing, Handbags, Jewelry etc.,</div> <div>That you want to exchange.</div> <div>We will accept up to 8 items and give you a tick for the shopping Day.</div> <div>May 28, 2010</div> <div>9:00-2:00</div>		
<div>Doctor Dan</div> <div>May 19, 2010</div> <div>11:00-12:00</div> <div>10 Ways to Be Happy</div> <div>Panini Lunch to Follow</div>					